

DINNERLY



Feed A Crowd: Chicken Parmi Pasta Bake

Same Meal Price, More Servings!



30 minutes



2 Servings

Want extra bang for your buck? Serve up double the portions with our Feed A Crowd recipes. We've used the same amount of meat but added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 50g cheddar ⁷
- free-range chicken thigh fillets
- 2 x 200g shell pasta ¹
- 10g Italian seasoning ¹⁷
- 400g diced tomatoes
- 40g panko breadcrumbs ¹

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1 tbs olive oil
- 2 tbs tomato paste
- 1 tbs sugar
- 20g butter ⁷

TOOLS

- 3L (12 cup) baking dish
- large saucepan
- box grater
- large deep frypan
- paper towel

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 670kcal, Fat 19.2g, Carbs 89.3g, Proteins 31.7g



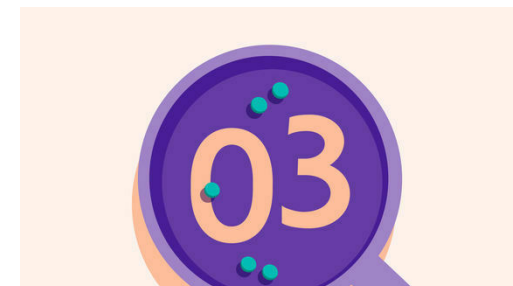
1. Prep ingredients

Preheat the oven to 220C. Lightly grease a 3L (12 cup) baking dish. Bring a large saucepan of salted water to the boil for the pasta. Coarsely grate the **cheese**. Thinly slice the **chicken**.



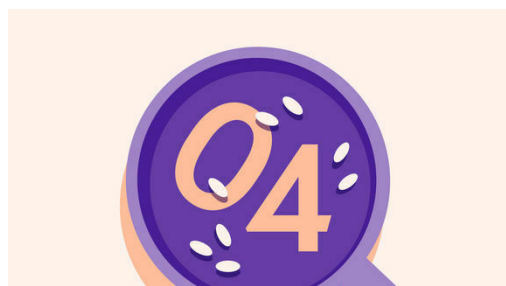
2. Cook pasta

Cook the **pasta** in the pan of boiling water for 11 mins or until al dente. Drain the pasta and return to the pan. Meanwhile, heat **1 tbs olive oil** in a large deep frypan over medium-high heat. Cook the **chicken** and **2 tsp Italian seasoning**, stirring, for 3 mins or until browned.



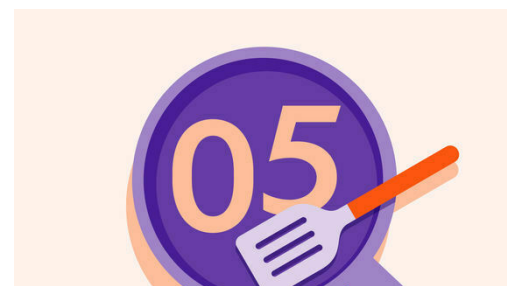
3. Make sauce

Add the **tomatoes**, **2 tbs tomato paste**, **1 tbs sugar** and **180ml (¾ cup) water** to the chicken. Season with **salt and pepper**. Bring to the boil, then reduce the heat to medium and cook for 8 mins or until slightly reduced. Taste, then season with **salt and pepper**.



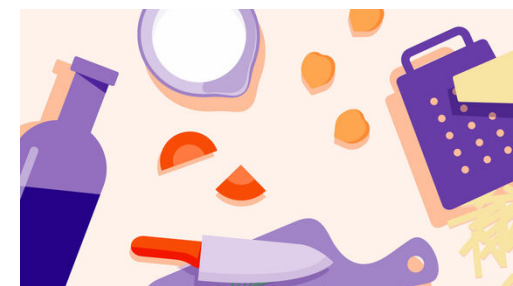
4. Assemble and bake

Add the **sauce** to the pasta and stir to coat (see Feed A Crowd). Spoon the **pasta mixture** into the baking dish, scatter over the **cheese** and bake for 10 mins or until golden. Meanwhile, wipe the frypan clean with paper towel. Melt **20g butter** in the pan over medium heat. Add the **breadcrumbs** and **1 tsp Italian seasoning*** and cook, stirring, for 2-3 mins until golden.



5. Serve up

Remove the pan from the heat. Taste, then season with **salt and pepper**. Scatter the **toasted breadcrumbs** over the **pasta bake** and divide among bowls, or pop the dish on the table for everyone to help themselves. Enjoy!



6. Feed A Crowd

Toss the pasta and sauce together in a large bowl if your saucepan isn't big enough.